

# WIC PNSS & PedNSS

Run Date: 2/7/2020

Table 1C

2019 Pregnancy Nutrition Surveillance (1)

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Iowa

Summary of Demographic Indicators (2)

Total Records	Number	%
Complete Records	9,182	81.2
Prenatal Records	212	1.9
Postpartum Records	1,920	17.0
<b>Total</b>	<b>11,314</b>	

Source of Data	Number	%
WIC	11,314	100.0
Maternal Health	0	0.0
Other	0	0.0
<b>Total</b>	<b>11,314</b>	<b>100.0</b>
Excluded Unknown	0	0.0 %

Race/Ethnic Distribution	Number	%
White, Not Hispanic	6,742	59.6
Black, Not Hispanic	1,648	14.6
Hispanic	2,110	18.7
American Indian/Alaska Native	56	0.5
Asian/Pacific Islander	462	4.1
Multiple Races	294	2.6
All Other	0	0.0
<b>Total</b>	<b>11,312</b>	<b>100.0</b>
Excluded Unknown	1	0.0 %

Age Distribution	Number	%
< 15 Years	5	0.0
15 - 17 Years	230	2.0
18 - 19 Years	694	6.1
20 - 29 Years	6,831	60.4
30 - 39 Years	3,316	29.3
>= 40 Years	235	2.1
<b>Total</b>	<b>11,311</b>	<b>100.0</b>
Excluded Unknown:	3	0.0 %

Education Distribution	Number	%
< High School	2,420	24.0
High School	4,845	48.0
> High School	2,837	28.1
<b>Total</b>	<b>10,102</b>	<b>100.1</b>
Excluded Unknown	1,212	10.7 %

% of Poverty Level	Number	%
0 - 50	847	33.7
51 - 100	717	28.6
101 - 130	403	16.1
131 - 150	188	7.5
151 - 185	195	7.8
186 - 200	34	1.4
> 200	126	5.0
Adjunctive Eligibility	0	0.0
<b>Total</b>	<b>2,510</b>	<b>100.0</b>
Excluded Unknown	0	0.0 %

Program Participation (3)	Number	%
WIC	8,739	100.0
SNAP	2,396	19.6
Medicaid	2,396	80.0
Tanf	2,396	1.8
Excluded Unknown:		
WIC:	0	0.0
SNAP:	6,998	61.9
Medicaid:	6,998	61.9
Tanf:	6,998	61.9

Migrant Status	Number	%
Yes	2	0.0
No	11,312	100.0
<b>Total</b>	<b>11,314</b>	<b>100.0</b>
Excluded Unknown	0	0.0 %

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data or errors.

(3) Prenatal program participation

# WIC PNSS & PedNSS

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## Table 2C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Summary of Health Indicators

Summary of Health Indicators (2)				
	Iowa Prevalence		National (7) Prevalence (Prior Year)	
	Number	%	Number	%
Prepregnancy BMI (3)				
Underweight	8,677	3.8	112,231	4.0
Normal Weight	8,677	35.3	112,231	35.6
Overweight	8,677	25.5	112,231	25.1
Obese	8,677	35.5	112,231	35.3
Maternal Weight Gain (4)				
Less Than Ideal	8,349	23.1	89,229	22.3
Ideal	8,349	31.8	89,229	29.9
Greater Than Ideal	8,349	45.1	89,229	47.7
Anemia (Low Hb/Hct) (5)				
1st Trimester	2,429	4.6	35,138	5.7
2nd Trimester	2,841	5.7	34,924	7.1
3rd Trimester	2,701	15.5	23,550	28.2
Postpartum	1,557	14.7	52,310	18.4
Parity (6)				
0	3,910	0.0	114,445	35.9
1	3,910	42.0	114,445	28.7
2	3,910	29.3	114,445	18.7
>= 3	3,910	28.7	114,445	16.7
Interpregnancy Interval				
<= 6 Months	61	11.5	55,328	12.9
6 - <18 Months	61	21.3	55,328	26.1
>= 18 Months	61	67.2	55,328	61.1
Gestational Diabetes	655	100.0	96,728	10.0
Hypertension During Pregnancy	376	100.0	95,873	9.4

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data errors.

(3) Based on 2009 IOM report "Weight Gain During Pregnancy": underweight (BMI <18.5), normal weight (BMI 18.5 to 24.9), overweight (BMI 25.0 to 29.9), obese (BMI > 30.0).

(4) Based on 2009 IOM report "Weight Gain During Pregnancy": underweight during pregnancy (ideal weight gain = 28 to 40 pounds), normal weight prepregnancy (ideal weight gain = 25 to 35 pounds), overweight gain = 15 to 25 pounds), obese prepregnancy (ideal weight gain = 11 to 20 pounds).

(5) Based on 1990 MMWR, "Recommendations to prevent and control Iron Deficiency in the United States"; adjusted for altitude and smoking.

(6) Number of times a woman has given birth to an infant 20 or more weeks gestation

(7) National includes previous year's data for all participating States and ITOs.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

# WIC PNSS & PedNSS

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## Table 2C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Summary of Health Indicators

Summary of Health Indicators (2)			
	Iowa Prevalence		National (7) Prevalence (Prior Year)
	Number	%	Number %
Medical Care			
1st Trimester	7,379	29.9	99,175 68.5
No Care	7,379	12.1	99,175 7.4
WIC Enrollment			
1st Trimester	9,673	0.9	127,401 22.9
2nd Trimester	9,673	1.2	127,401 22.3
3rd Trimester	9,673	92.1	127,401 32.8
Postpartum (3)	9,673	5.8	127,401 21.9
Prepregnancy Multivitamin Consumption (4)	4,023	21.3	94,432 19.4
Multivitamin Consumption During Pregnancy (5)	4,805	90.3	93,223 87.9
Smoking			
3 Months Prior to Pregnancy	7,560	27.2	108,764 27.1
During Pregnancy	7,657	17.0	97,022 16.0
Last 3 Months of Pregnancy	7,538	15.8	119,789 14.3
Postpartum	7,726	16.7	120,008 14.9
Smoking Changes (6)			
Quit Smoking by First Prenatal Visit	2,049	37.5	27,061 43.2
Quit Smoking by First Prenatal Visit and Stayed Off Cigarettes	1,987	26.8	24,778 36.6
Smoking in Household			
During Pregnancy	7,788	6.6	97,290 10.0
Postpartum	7,829	1.9	120,070 3.5
Drinking			
3 Months Prior to Pregnancy	6,938	10.2	110,058 13.2
Last 3 Months of Pregnancy	7,060	0.4	118,918 0.5

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data errors.

(3) Women who initially enrolled in WIC during the postpartum period.

(4) Women who reported taking a multivitamin four times a weeks or more in the month before pregnancy, proxy for folic acid consumption.

(5) Pregnant women who reported taking a multivitamin in the past month; proxy for prenatal iron consumption.

(6) Among women who smoked 3 months prior to pregnancy.

(7) National includes previous year's data for all participating States and ITOs.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

**WIC PNSS & PedNSS**  
**Table 2C**  
**2019 Pregnancy Nutrition Surveillance (1)**  
**Iowa**  
**Summary of Health Indicators**

Run Date: 2/7/2020

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Summary of Health Indicators (2)				
	Iowa Prevalence		National (6) Prevalence (Prior Year)	
	Number	%	Number	%
Birthweight (3)				
Very Low	10,590	0.8	117,623	1.2
Low	10,590	7.5	117,623	8.1
Normal	10,590	83.3	117,623	84.1
High	10,590	8.4	117,623	6.6
Preterm (4)	9,401	10.2	117,628	11.8
Full term Low Birth Weight (5)	8,360	3.4	100,072	3.9
Multiple Births	10,776	1.6	122,800	1.7
Breastfeeding				
Ever Breastfed	10,700	71.7	116,293	73.3

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data errors.

(3) Very low birth weight (<1500 g), low birth weight (1500 - <2500 g), normal birth weight (2500 - <4000 g), high birth weight (>4000 g).

(4) <37 weeks gestation.

(5) 37 or more weeks gestation <2500 g.

(6) National includes previous year's data for all participating States and ITOs.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

**WIC PNSS & PedNSS**

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**Table 3C****2019 Pregnancy Nutrition Surveillance (1)**

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**Iowa****Comparison of Racial and Ethnic Distribution by Contributor to National (3)**

<b>Comparison of Racial and Ethnic Distribution (2)</b>								
<b>Contributor</b>	<b>Number Included in Analysis</b>	<b>White, Not Hispanic  %</b>	<b>Black, Not Hispanic  %</b>	<b>Hispanic  %</b>	<b>American Indian/Alaska Native %</b>	<b>Asian/Pacific Islander  %</b>	<b>Multiple Races  %</b>	<b>All Other/Unknown  %</b>
<b>Iowa</b>	<b>11,313</b>	<b>59.6</b>	<b>14.6</b>	<b>18.7</b>	<b>0.5</b>	<b>4.1</b>	<b>2.6</b>	<b>0.0</b>
<b>National (Prior Year)</b>	<b>133,781</b>	<b>53.3</b>	<b>21.7</b>	<b>17.1</b>	<b>1.1</b>	<b>2.8</b>	<b>3.5</b>	<b>0.4</b>

(1) Reporting period is January 1 through December 31

(2) Excludes data with errors

(3) National includes previous year's data for all participating States and ITOs.

\* Percentages are not calculated if &lt;100 records are available for analysis after exclusions.

**WIC PNSS & PedNSS**

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**Table 4C****2019 Pregnancy Nutrition Surveillance (1)**

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**Iowa****Comparison of Age Distribution by Contributor to National (3)**

<b>Comparison of Age Distribution (2)</b>								
<b>Contributor</b>	<b>Number Included in Analysis</b>	<b>&lt; 15 Years %</b>	<b>15 - 17 Years %</b>	<b>18 - 19 Years %</b>	<b>20 - 29 Years %</b>	<b>30 - 39 Years %</b>	<b>&gt;= 40 Years %</b>	<b>Unknown %</b>
<b>Iowa</b>	<b>11,314</b>	<b>0.0</b>	<b>2.0</b>	<b>6.1</b>	<b>60.4</b>	<b>29.3</b>	<b>2.1</b>	<b>0.0</b>
<b>National (Prior Year)</b>	<b>133,790</b>	<b>0.1</b>	<b>2.7</b>	<b>8.0</b>	<b>62.0</b>	<b>25.2</b>	<b>1.9</b>	<b>0.1</b>

(1) Reporting period is January 1 through December 31

(2) Excludes data with errors

(3) National includes previous year's data for all participating States and ITOs.

\* Percentages are not calculated if &lt;100 records are available for analysis after exclusions.

# WIC PNSS & PedNSS

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## Table 5C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

### Comparison of Maternal Health Indicators by Contributor to National (6)

Comparison of Maternal Health Indicators <sup>(2)</sup>														
Contributor	Prepregnancy BMI			Weight Gain			Anemia (Low Hb/Hct)				Gestational Diabetes During Pregnancy		Hypertension During Pregnancy	
	(3)			(4)			(5)							
		Under- weight	Over- weight		< Ideal	> Ideal	3rd Trimester		Postpartum					
	Number	%	%	Number	%	%	Number	%	Number	%	Number	%	Number	%
Iowa	8,677	3.8	61.0	8,349	23.1	45.1	2,701	15.5	1,557	14.7	655	100.0	376	100.0
National (Prior Year)	112,231	4.0	60.3	89,229	22.3	47.7	23,550	28.2	52,310	18.4	96,728	10.0	95,873	9.4

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data errors.

(3) Based on 2009 IOM report "Weight Gain During Pregnancy": underweight (BMI <18.5), normal weight (BMI 18.5 to 24.9), overweight (BMI 25.0 to 29.9), obese (BMI > 30.0).

(4) Based on 2009 IOM report "Weight Gain During Pregnancy": underweight during pregnancy (ideal weight gain = 28 40 40 pounds), normal weight prepregnancy (ideal weight gain = 25 to 35 pounds), overweight gain = 15 to 25 pounds), obese prepregnancy (ideal weight gain = 11 to 20 pounds).

(5) Based on 1990 MMWR, "Recommendations to prevent and control Iron Deficiency in the United States"; adjusted for altitude and smoking.

(6) National includes previous year's data for all participating States and ITOs.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

# WIC PNSS & PedNSS

Run Date: 2/7/2020

## Table 6C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Comparison of Maternal Behavioral Indicators by Contributor to National (5)

Comparison of Maternal Behavioral Indicators (2)									
Contributor	Medical Care			WIC Enrollment		Multivitamin Consumption			
	1st Trimester		No Care	1st Trimester		Pregnancy (3)		During Pregnancy (4)	
	Number	%	%	Number	%	Number	%	Number	%
Iowa	7,379	29.9	12.1	9,673	0.9	4,023	21.3	4,805	90.3
National (Prior Year)	99,175	68.5	7.4	127,401	22.9	94,432	19.4	93,223	87.9

(1) Reporting period is January 1 through December 31.

(2) Excludes records with unknown data or errors.

(3) Woman who reported taking a multivitamin four times a weeks or more in the month before pregnancy; proxy for folic acid consumption.

(4) Pregnant women who reported tkaing a multivitamin in the past month; proxy for prenatal iron consumption.

(5) National includes previous year's data for all participating States and ITOs.

\* Percentages are not calculated if <100 records are available for analysis after exclusions.



# WIC PNSS & PedNSS

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## Table 7C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

### Comparison of Smoking Indicators by Contributor to National (4)

Comparison of Smoking Indicators <sup>(2)</sup>										
Contributor	Smoking				Quit Smoking By First Prenatal Visit and Stayed Off Cigarettes <sup>(3)</sup>		Smoking in Household			
	3 Months Prior to Pregnancy		Last 3 Months of Pregnancy				Prenatal		Postpartum	
	Number	%	Number	%	Number	%	Number	%	Number	%
Iowa	7,560	27.2	7,538	15.8	1,987	26.8	7,788	6.6	7,829	1.9
National (Prior Year)	108,764	27.1	119,789	14.3	24,778	36.6	97,290	10.0	120,070	3.5

(1) Reporting period is January 1 through December 31.

(2) Excludes records with unknown data or errors.

(3) Among women who smoked 3 months prior to pregnancy.

(4) National includes previous year's data for all participating States and ITOs.

\* Percentages are not calculated if <100 records are available for analysis after exclusions.

# WIC PNSS & PedNSS

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## Table 8C

2019 Pregnancy Nutrition Surveillance (1)

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Iowa

Comparison of Infant Health Indicators by Contributor to National (7)

Comparison of Infant Health Indicators (2)									
Contributor	Birthweight			Preterm		Full Term LBW		Ever Breastfed	
	Low (3)		High (4)	(5)		(6)			
	Number	%	%	Number	%	Number	%	Number	%
Iowa	10,590	8.3	8.4	9,401	10.2	8,360	3.4	10,700	71.7
National (Prior Year)	117,623	9.3	6.6	117,628	11.8	100,072	3.9	116,293	57.2

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data errors.

(3) <2500 g.

(4) >4000 g.

(5) <37 weeks gestation.

(6) 37 or more weeks gestation and <2500 g.

(7) National includes previous year's data for all participating States and ITOs.

\* Percentages are not calculated if <100 records are available for analysis after exclusions.

# WIC PNSS & PedNSS

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Table 9C

2019 Pregnancy Nutrition Surveillance (1)

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Iowa

Maternal Health Indicators by Race/Ethnicity, Age, or Education

Maternal Health Indicators by Race/Ethnicity, Age, or Education (2)

Maternal Health Indicators by Race/Ethnicity, Age, or Education <sup>(2)</sup>														
	Prepregnancy BMI <sup>(3)</sup>			Weight Gain <sup>(4)</sup>			Anemia (Low Hb/Hct) <sup>(5)</sup>				Gestational Diabetes		Hypertension During Pregnancy	
	Under-Weight		Over-Weight	< Ideal		>Ideal	3rd Trimester		Postpartum					
	Number	%	%	Number	%	%	Number	%	Number	%	Number	%	Number	%
Race/Ethnicity														
White, Not Hispanic	5,086	4.1	62.5	4,900	21.3	48.4	1,554	14.5	967	12.8	372	100.0	233	100.0
Black, Not Hispanic	1,254	3.7	58.2	1,193	26.9	41.4	420	27.4	213	25.8	80	100.0	64	100.0
Hispanic	1,686	2.0	65.1	1,625	24.2	40.8	544	9.9	287	14.3	147	100.0	57	100.0
American Indian/Alaska Native	38	2.6	73.7	37	18.9	43.2	14	7.1	12	8.3	7	100.0	1	100.0
Asian/Pacific Islander	375	6.9	33.3	367	32.2	27.2	94	11.7	47	8.5	41	100.0	12	100.0
Multiple Races	237	5.5	56.1	227	20.7	53.3	75	14.7	31	12.9	8	100.0	9	100.0
All Other/Unknown	1	0.0	0.0	0	*	*	0	*	0	*	0	*	0	*
Total	8,677	3.8	61.0	8,349	23.1	45.1	2,701	15.5	1,557	14.7	655	100.0	376	100.0
Age														
< 15 Years	4	0.0	75.0	4	0.0	75.0	1	0.0	0	*	0	*	0	*
15 - 17 Years	187	8.6	40.1	180	19.4	46.7	57	21.1	39	17.9	2	100.0	3	100.0
18 - 19 Years	555	6.7	47.2	527	16.9	56.5	170	18.2	87	14.9	10	100.0	8	100.0
20 - 29 Years	5,212	4.1	59.2	5,017	22.5	46.2	1,644	14.5	931	14.8	301	100.0	145	100.0
30 - 39 Years	2,532	2.4	68.4	2,442	25.8	40.6	766	15.4	467	14.1	312	100.0	197	100.0
>= 40 Years	184	0.5	71.7	177	27.7	38.4	62	29.0	32	15.6	30	100.0	23	100.0
Unknown	3	0.0	33.3	2	0.0	50.0	1	0.0	1	0.0	0	*	0	*
Total	8,677	3.8	61.0	8,349	23.1	45.1	2,701	15.5	1,557	14.7	655	100.0	376	100.0
Education														
< High School	1,977	3.8	55.7	1,895	25.8	41.0	615	15.9	290	14.1	147	100.0	58	100.0
High School	3,790	3.7	62.7	3,649	22.3	47.6	1,152	16.0	658	16.9	246	100.0	172	100.0
> High School	2,046	3.7	65.5	1,980	20.7	47.7	665	12.3	433	11.1	185	100.0	112	100.0
Excluded Unknown	864	3.8	55.0	825	26.2	37.3	269	20.1	176	16.5	77	100.0	34	100.0
Total	8,677	3.8	61.0	8,349	23.1	45.1	2,701	15.5	1,557	14.7	655	100.0	376	100.0

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data for health indicators, and data with errors for health and demographic indicators.

(3) Based on 2009 IOM report "Weight Gain During Pregnancy": underweight (BMI <18.5), normal weight (BMI 18.5 to 24.9), overweight (BMI 25.0 to 29.9), obese (BMI > 30.0).

(4) Based on 2009 IOM report "Weight Gain During Pregnancy": underweight during pregnancy (ideal weight gain = 28 40 pounds), normal weight prepregnancy (ideal weight gain = 25 to 35 pounds), overweight gain = 15 to 25 pounds), obese prepregnancy (ideal weight gain = 11 to 20 pounds).

(5) Based on 1990 MMWR, "Recommendations to prevent and control Iron Deficiency in the United States"; adjusted for altitude and smoking.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

# WIC PNSS & PedNSS

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## Table 10C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Maternal Behavioral Indicators by Race/Ethnicity, Age, or Education

Maternal Behavioral Indicators by Race/Ethnicity, Age, or Education (2)									
	Medical Care			WIC Enrollment		Multivitamin Consumption			
	1st Trimester		No Care	1st Trimester		Pregnancy (3)		During Pregnancy (4)	
	Number	%	%	Number	%	Number	%	Number	%
<b>Race/Ethnicity</b>									
White, Not Hispanic	4,391	32.8	10.9	5,703	0.9	2,526	24.3	2,953	91.4
Black, Not Hispanic	1,035	23.9	12.9	1,411	1.4	483	13.5	634	86.8
Hispanic	1,410	26.1	14.1	1,843	0.8	757	18.2	889	90.3
American Indian/Alaska Native	35	28.6	5.7	47	0.0	13	15.4	15	80.0
Asian/Pacific Islander	309	27.2	17.2	404	0.2	153	17.6	196	84.7
Multiple Races	199	30.7	11.6	263	0.8	91	9.9	118	91.5
All Other/Unknown	0	*	*	1	0.0	0	*	0	*
<b>Total</b>	<b>7,379</b>	<b>29.9</b>	<b>12.1</b>	<b>9,673</b>	<b>0.9</b>	<b>4,023</b>	<b>21.3</b>	<b>4,805</b>	<b>90.3</b>
<b>Age</b>									
< 15 Years	4	50.0	25.0	5	0.0	3	33.3	3	100.0
15 - 17 Years	155	25.8	9.0	198	0.5	82	7.3	104	95.2
18 - 19 Years	457	30.2	10.1	594	2.4	256	12.9	308	94.2
20 - 29 Years	4,415	29.6	11.3	5,848	0.9	2,433	18.8	2,884	89.9
30 - 39 Years	2,194	31.1	13.9	2,827	0.7	1,179	28.8	1,423	89.8
>= 40 Years	153	27.5	15.7	198	1.5	68	25.0	81	88.9
Unknown	1	0.0	0.0	3	0.0	2	0.0	2	100.0
<b>Total</b>	<b>7,379</b>	<b>29.9</b>	<b>12.1</b>	<b>9,673</b>	<b>0.9</b>	<b>4,023</b>	<b>21.3</b>	<b>4,805</b>	<b>90.3</b>
<b>Education</b>									
< High School	1,663	30.0	13.3	2,172	1.0	861	16.6	1,056	86.8
High School	3,231	30.1	11.7	4,178	0.9	1,738	19.4	2,076	90.1
> High School	1,763	31.4	10.8	2,348	0.8	996	31.0	1,163	93.8
Excluded Unknown	722	25.5	14.0	975	1.1	428	15.4	510	89.8
<b>Total</b>	<b>7,379</b>	<b>29.9</b>	<b>12.1</b>	<b>9,673</b>	<b>0.9</b>	<b>4,023</b>	<b>21.3</b>	<b>4,805</b>	<b>90.3</b>

(1) Reporting period is January 1 through December 31.

(2) Excludes records with unknown data for behavioral indicators, and data with errors for behavioral and demographic indicators.

(3) Woman who reported taking a multivitamin four a weeks or more in the month before pregnancy. proxy for folic acid consumption.

(4) Pregnant women who reported taking a multivitamin in the past month; proxy for prenatal iron consumption.

\* Percentages are not calculated if <100 records are available for analysis after exclusions.

# WIC PNSS & PedNSS

Run Date: 2/7/2020

## Table 11C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Smoking Indicators by Race/Ethnicity, Age, or Education

Smoking Indicators by Race/Ethnicity, Age, or Education (2)										
	Smoking				Quit Smoking By First Prenatal Visit and Stayed Off Cigarettes (3)		Smoking in Household			
	3 Months Prior to Pregnancy		Last 3 Months of Pregnancy				Prenatal		Postpartum	
	Number	%	Number	%	Number	%	Number	%	Number	%
<b>Race/Ethnicity</b>										
White, Not Hispanic	4,581	36.5	4,653	21.1	1,596	25.1	4,674	8.2	4,733	2.3
Black, Not Hispanic	1,038	17.3	1,008	9.7	177	32.2	1,078	5.7	1,066	1.1
Hispanic	1,411	8.5	1,358	4.7	129	39.5	1,480	1.8	1,468	1.4
American Indian/Alaska Native	35	34.3	36	11.1	10	50.0	35	5.7	39	0.0
Asian/Pacific Islander	297	3.4	279	2.2	12	41.7	318	2.5	306	0.7
Multiple Races	197	29.9	204	19.1	63	23.8	202	16.3	217	3.7
All Other/Unknown	1	100.0	0	*	0	*	1	100.0	0	*
<b>Total</b>	<b>7,560</b>	<b>27.2</b>	<b>7,538</b>	<b>15.8</b>	<b>1,987</b>	<b>26.8</b>	<b>7,788</b>	<b>6.6</b>	<b>7,829</b>	<b>1.9</b>
<b>Age</b>										
< 15 Years	4	0.0	2	0.0	0	*	4	50.0	3	0.0
15 - 17 Years	153	15.7	151	9.9	25	32.0	165	16.4	161	6.2
18 - 19 Years	482	28.0	464	12.1	117	40.2	501	10.0	488	3.1
20 - 29 Years	4,536	28.7	4,580	15.6	1,245	28.1	4,647	6.8	4,699	2.0
30 - 39 Years	2,227	25.5	2,199	17.8	577	21.1	2,303	4.9	2,325	1.2
>= 40 Years	155	17.4	140	12.1	23	26.1	165	3.6	151	0.7
Unknown	3	0.0	2	0.0	0	*	3	0.0	2	0.0
<b>Total</b>	<b>7,560</b>	<b>27.2</b>	<b>7,538</b>	<b>15.8</b>	<b>1,987</b>	<b>26.8</b>	<b>7,788</b>	<b>6.6</b>	<b>7,829</b>	<b>1.9</b>
<b>Education</b>										
< High School	1,699	30.4	1,580	19.4	528	22.7	1,771	8.3	1,676	2.6
High School	3,313	32.3	3,258	18.8	1,007	26.7	3,378	7.3	3,360	1.9
> High School	1,793	18.9	1,931	9.7	323	33.1	1,846	4.8	1,984	1.9
Excluded Unknown	755	17.4	769	11.3	129	28.7	793	3.9	809	0.7
<b>Total</b>	<b>7,560</b>	<b>27.2</b>	<b>7,538</b>	<b>15.8</b>	<b>1,987</b>	<b>26.8</b>	<b>7,788</b>	<b>6.6</b>	<b>7,829</b>	<b>1.9</b>

(1) Reporting period is January 1 through December 31.

(2) Excludes records with unknown data for smoking indicators, and data with errors for smoking and demographic indicators.

(3) Among women who smoked 3 months prior to pregnancy.

\* Percentages are not calculated if <100 records are available for analysis after exclusions.

# WIC PNSS & PedNSS

Run Date: 2/7/2020

## Table 12C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Infant Health Indicators by Race/Ethnicity, Age, or Education

Infant Health Indicators by Race/Ethnicity, Age, or Education (2)									
	Birthweight			Preterm (5)		Full Term LBW (6)		Ever Breastfed	
	Low (3)	High (4)							
	Number	%	%	Number	%	Number	%	Number	%
<b>Race/Ethnicity</b>									
White, Not Hispanic	6,337	8.0	9.3	5,526	10.2	4,947	3.0	6,354	69.3
Black, Not Hispanic	1,499	10.9	6.1	1,365	10.8	1,179	4.9	1,551	72.3
Hispanic	1,997	7.1	8.1	1,809	9.9	1,611	3.1	2,023	77.9
American Indian/Alaska Native	52	7.7	1.9	46	13.0	40	5.0	52	73.1
Asian/Pacific Islander	431	8.4	5.3	401	9.7	352	4.5	445	76.4
Multiple Races	273	11.7	5.9	253	9.1	230	5.7	274	70.1
All Other/Unknown	0	*	*	0	*	0	*	0	*
<b>Total</b>	<b>10,590</b>	<b>8.3</b>	<b>8.4</b>	<b>9,401</b>	<b>10.2</b>	<b>8,360</b>	<b>3.4</b>	<b>10,700</b>	<b>71.7</b>
<b>Age</b>									
< 15 Years	5	0.0	0.0	5	20.0	4	0.0	5	80.0
15 - 17 Years	219	9.6	4.1	192	10.9	169	3.6	221	61.1
18 - 19 Years	645	7.4	5.7	570	9.6	514	4.3	649	70.7
20 - 29 Years	6,420	7.3	8.4	5,682	9.5	5,093	3.4	6,484	71.7
30 - 39 Years	3,088	7.8	9.1	2,758	11.5	2,414	3.5	3,124	72.2
>= 40 Years	211	6.6	7.6	192	13.0	164	1.8	215	80.0
Unknown	2	0.0	0.0	2	0.0	2	0.0	2	50.0
<b>Total</b>	<b>10,590</b>	<b>8.3</b>	<b>8.4</b>	<b>9,401</b>	<b>10.2</b>	<b>8,360</b>	<b>3.4</b>	<b>10,700</b>	<b>71.7</b>
<b>Education</b>									
< High School	2,255	7.1	7.8	2,093	10.8	1,849	3.2	2,275	65.2
High School	4,545	7.5	8.4	4,053	10.1	3,619	3.8	4,579	68.8
> High School	2,696	7.8	8.9	2,310	9.9	2,074	2.9	2,707	80.7
Excluded Unknown	1,094	7.2	7.9	945	10.1	818	3.9	1,139	75.1
<b>Total</b>	<b>10,590</b>	<b>8.3</b>	<b>8.4</b>	<b>9,401</b>	<b>10.2</b>	<b>8,360</b>	<b>3.4</b>	<b>10,700</b>	<b>71.7</b>

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data for health indicators, and data with errors for health and demographic indicators.

(3) <2500 g.

(4) >4000 g.

(5) <37 weeks gestation.

(6) 37 or more weeks gestation and <2500 g.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

# WIC PNSS & PedNSS

Run Date: 2/7/2020

## Table 13C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Maternal Weight Gain and Birth Outcomes by Select Health Indicators

Maternal Weight Gain and Birth Outcomes by Select Health Indicators (2)										
	Weight Gain (3)			Birthweight			Preterm (6)		Full Term LBW (7)	
	< Ideal	> Ideal		Low (4)	High (5)					
	Number	%	%	Number	%	%	Number	%	Number	%
<b>Prepregnancy BMI</b>										
Underweight	314	27.7	26.4	306	12.7	2.9	310	9.7	276	8.7
Normal Weight	2,934	29.2	36.1	2,848	7.8	6.3	2,882	8.9	2,595	3.7
Overweight	2,135	14.9	52.3	2,062	7.2	9.2	2,083	9.7	1,858	3.3
Obese	2,966	22.5	50.8	2,873	8.0	11.5	2,887	11.6	2,537	2.6
<b>Weight Gain</b>										
< Ideal	-	-	-	1,758	11.6	5.1	1,783	13.0	1,525	4.7
Ideal	-	-	-	2,575	8.9	7.5	2,609	10.0	2,317	4.1
> Ideal	-	-	-	3,687	5.5	11.3	3,701	8.7	3,365	2.4
<b>Smoking During Pregnancy</b>										
Smokers	1,150	21.7	50.3	1,191	9.7	5.3	1,190	11.8	1,050	5.1
Non-Smokers	5,727	22.3	45.1	5,960	7.0	9.7	6,014	9.1	5,410	3.1

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data errors.

(3) Based on 2009 IOM report "Weight Gain During Pregnancy": underweight during pregnancy (ideal weight gain = 28 40 40 pounds), normal weight prepregnancy (ideal weight gain = 25 to 35 pounds), overweight gain = 15 to 25 pounds), obese prepregnancy (ideal weight gain = 11 to 20 pounds).

(4) <2500 g.

(5) >4000 g.

(6) <37 weeks gestation.

(7) 37 or more weeks gestation and <2500 g.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

**WIC PNSS & PedNSS**

Run Date: 2/7/2020

**Table 14C****2019 Pregnancy Nutrition Surveillance (1)**

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**Iowa****Summary of Trends in Racial and Ethnic Distribution****Summary of Trends in Racial and Ethnic Distribution (2)**

<b>Year</b>	<b>Number Included in Analysis</b>	<b>White, Not Hispanic %</b>	<b>Black, Not Hispanic %</b>	<b>Hispanic %</b>	<b>American Indian/Alaska Native %</b>	<b>Asian/Pacific Islander %</b>	<b>Multiple Races %</b>	<b>All Other/Unknown %</b>
2019	11,313	59.6	14.6	18.7	0.5	4.1	2.6	0.0
2018	11,516	61.3	13.2	18.7	0.5	3.7	2.6	0.0
2017	12,118	61.7	12.6	18.5	0.6	3.9	2.7	0.0
2016	17,571	63.4	11.6	18.2	0.5	3.6	2.6	0.3
2015	18,866	66.2	11.2	16.4	0.6	3.2	2.0	0.4
2014	19,637	67.5	10.3	16.0	0.7	3.3	2.0	0.3
2013	19,635	69.2	9.3	15.7	0.6	3.1	1.9	0.2

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data errors.

\* Percentages are not calculated if &lt;100 records are available for analysis after exclusions



**WIC PNSS & PedNSS**  
**Table 15C**  
**2019 Pregnancy Nutrition Surveillance (1)**  
**Iowa**  
**Summary of Trends in Age Distribution**

Run Date: 2/7/2020

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<b>Summary of Trends in Age Distribution (2)</b>								
<b>Year</b>	<b>Number Included in Analysis</b>	<b>&lt; 15 Years %</b>	<b>15 - 17 Years %</b>	<b>18 - 19 Years %</b>	<b>20 - 29 Years %</b>	<b>30 - 39 Years %</b>	<b>&gt;= 40 Years %</b>	<b>Unknown %</b>
2019	11,314	0.0	2.0	6.1	60.4	29.3	2.1	0.0
2018	11,516	0.1	2.3	6.1	60.7	28.8	2.0	0.0
2017	12,120	0.1	2.2	6.6	62.0	27.2	1.9	0.0
2016	17,572	0.1	2.6	7.4	63.0	25.2	1.6	0.1
2015	18,867	0.2	3.3	9.1	62.9	23.1	1.4	0.1
2014	19,639	0.2	3.4	9.2	63.6	22.4	1.3	0.1
2013	19,637	0.1	4.0	10.1	64.1	20.4	1.3	0.0

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data errors.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

# WIC PNSS & PedNSS

Run Date: 2/7/2020

## Table 16C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Summary of Trends in Maternal Health Indicators

Summary of Trends in Maternal Health Indicators (2)										
Year	Prepregnancy BMI (3)			Weight Gain (4)			Anemia (Low Hb/Hct) (5)			
	Under-weight		Over-weight	< Ideal		> Ideal	3rd Trimester		Postpartum	
	Number	%	%	Number	%	%	Number	%	Number	%
2019	8,677	3.8	61.0	8,349	23.1	45.1	2,701	15.5	1,557	14.7
2018	8,920	3.5	61.2	8,513	22.5	45.7	2,423	14.4	1,603	14.4
2017	9,374	3.8	59.1	8,929	23.0	44.9	2,515	14.2	1,790	14.6
2016	14,790	3.9	60.2	10,703	22.7	46.3	3,604	17.2	2,974	16.3
2015	15,951	3.8	60.9	14,070	19.4	48.6	3,216	21.1	4,592	17.7
2014	16,604	3.6	60.6	14,727	18.8	49.6	3,204	21.9	4,936	15.9
2013	16,943	3.7	60.0	14,976	18.7	49.0	3,041	25.5	5,027	19.4

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data errors.

(3) Based on 2009 IOM report "Weight Gain During Pregnancy": underweight (BMI <18.5), normal weight (BMI 18.5 to 24.9), overweight (BMI 25.0 to 29.9), obese (BMI > 30.0).

(4) Based on 2009 IOM report "Weight Gain During Pregnancy": underweight during pregnancy (ideal weight gain = 28 40 40 pounds), normal weight prepregnancy (ideal weight gain = 25 to 35 pounds), overweight gain = 15 to 25 pounds), obese prepregnancy (ideal weight gain = 11 to 20 pounds).

(5) Based on 1990 MMWR, "Recommendations to prevent and control Iron Deficiency in the United States"; adjusted for altitude and smoking.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

**WIC PNSS & PedNSS**  
**Table 17C**  
**2019 Pregnancy Nutrition Surveillance (1)**  
**Iowa**  
**Summary of Maternal Behavioral Indicators**

Run Date: 2/7/2020

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<b>Summary of Maternal Behavioral Indicators (2)</b>					
<b>Year</b>	<b>Medical Care</b>			<b>WIC Enrollment</b>	
	<b>1st Trimester</b>		<b>No Care</b>	<b>1st Trimester</b>	
	<b>Number</b>	<b>%</b>	<b>%</b>	<b>Number</b>	<b>%</b>
2019	7,379	29.9	12.1	9,673	0.9
2018	7,806	30.9	13.1	9,901	1.5
2017	7,908	31.9	12.5	10,472	1.7
2016	10,665	28.4	30.5	15,915	19.3
2015	17,361	18.5	78.9	16,381	39.7
2014	18,168	18.5	79.0	17,110	41.3
2013	18,144	20.0	77.3	17,359	43.1

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data errors.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

# WIC PNSS & PedNSS

Run Date: 2/7/2020

## Table 18C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Summary of Trends in Smoking Indicators

Summary of Trends in Smoking Indicators <sup>(2)</sup>										
Year	Smoking				Quit Smoking By First Prenatal Visit and Stayed Off Cigarettes <sup>(3)</sup>	Smoking in Household				
	3 Months Prior to Pregnancy		Last 3 Months of Pregnancy			Prenatal		Postpartum		
	Number	%	Number	%		Number	%	Number	%	
2019	7,560	27.2	7,538	15.8	1,987	26.8	7,788	6.6	7,829	1.9
2018	7,784	28.1	7,440	16.7	2,043	26.3	7,990	7.3	7,602	2.3
2017	7,878	30.2	7,941	17.8	2,299	27.8	7,978	8.4	8,051	2.5
2016	12,950	32.2	10,587	19.8	3,198	32.3	12,714	9.1	10,348	3.3
2015	14,260	34.9	15,292	20.4	4,554	36.6	13,104	10.5	15,149	3.4
2014	15,129	35.7	16,149	21.4	4,742	33.5	13,835	11.4	16,303	4.0
2013	15,317	37.9	16,423	22.1	5,154	33.4	14,187	13.0	16,473	4.7

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data errors.

(3) Prenatal program participation

\* Percentages are not calculated if <100 records are available for analysis after exclusions

# WIC PNSS & PedNSS

Run Date: 2/7/2020

## Table 19C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Summary of Trends in Infant Health Indicators

Summary of Trends in Infant Health Indicators (2)									
Year	Birthweight			Preterm		Full Term LBW		Ever Breastfed	
	Low (3)		High (4)	(5)		(6)			
	Number	%	%	Number	%	Number	%	Number	%
2019	10,590	8.3	8.4	9,401	10.2	8,360	3.4	10,700	71.7
2018	10,720	7.6	8.0	9,524	10.2	8,498	2.9	10,800	72.0
2017	11,278	7.6	8.5	10,027	9.6	8,995	2.9	11,359	72.1
2016	12,353	7.7	8.4	11,272	10.1	10,001	2.9	12,584	69.9
2015	12,693	8.6	8.6	11,514	10.1	9,830	3.6	13,590	67.4
2014	12,676	8.3	8.8	11,629	10.3	9,845	3.0	13,681	65.7
2013	13,134	8.2	7.9	12,170	10.5	10,333	3.2	14,107	65.6

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data errors.

(3) <2500 g.

(4) >4000 g.

(5) <37 weeks gestation.

(6) 37 or more weeks gestation and <2500 g.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

# WIC PNSS & PedNSS

Run Date: 2/7/2020

## Table 20C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Summary of Trends in Maternal Health Indicators by Race/Ethnicity

Summary of Trends in Maternal Health Indicators by Race/Ethnicity (2)											
Race/Ethnicity	Year	Prepregnancy BMI			Weight Gain			Anemia (Low Hb/Hct) (5)			
		(3)			(4)						
		Under-weight	Over-weight		< Ideal	> Ideal		3rd Trimester		Postpartum	
		Number	%	%	Number	%	%	Number	%	Number	%
White, Not Hispanic	2019	5,086	4.1	62.5	4,900	21.3	48.4	1,554	14.5	967	12.8
	2018	5,377	4.1	62.7	5,104	20.7	49.2	1,453	14.8	1,016	12.7
	2017	5,682	3.9	60.5	5,411	21.0	48.7	1,529	14.4	1,150	13.7
	2016	9,292	4.2	61.6	6,736	20.2	49.8	2,270	16.2	1,890	15.6
Black, Not Hispanic	2019	1,254	3.7	58.2	1,193	26.9	41.4	420	27.4	213	25.8
	2018	1,137	2.6	59.7	1,093	25.8	43.4	356	20.8	176	29.0
	2017	1,174	3.9	56.8	1,098	25.3	40.3	351	24.8	186	22.6
	2016	1,696	4.2	57.8	1,177	26.9	42.9	456	29.2	347	25.4

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data errors.

(3) Based on 2009 IOM report "Weight Gain During Pregnancy": underweight (BMI <18.5), normal weight (BMI 18.5 to 24.9), overweight (BMI 25.0 to 29.9), obese (BMI > 30.0).

(4) Based on 2009 IOM report "Weight Gain During Pregnancy": underweight during pregnancy (ideal weight gain = 28 to 40 pounds), normal weight pre-pregnancy (ideal weight gain = 25 to 35 pounds), overweight gain = 15 to 25 pounds, obese pre-pregnancy (ideal weight gain = 11 to 20 pounds).

(5) Based on 1990 MMWR, "Recommendations to prevent and control Iron Deficiency in the United States"; adjusted for altitude and smoking.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

# WIC PNSS & PedNSS

Run Date: 2/7/2020

## Table 20C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Summary of Trends in Maternal Health Indicators by Race/Ethnicity

Summary of Trends in Maternal Health Indicators by Race/Ethnicity <sup>(2)</sup>											
Race/Ethnicity	Year	Pregpregnancy BMI			Weight Gain			Anemia (Low Hb/Hct) (5)			
		(3)			(4)						
		Under-weight	Over-weight		< Ideal	> Ideal		3rd Trimester	Postpartum		
		Number	%	%	Number	%	%	Number	%	Number	%
Hispanic	2019	1,686	2.0	65.1	1,625	24.2	40.8	544	9.9	287	14.3
	2018	1,776	1.8	63.8	1,716	24.1	40.0	467	8.4	322	10.6
	2017	1,837	2.3	61.6	1,766	25.9	40.4	467	5.1	337	11.9
	2016	2,791	2.0	62.1	2,070	25.5	40.5	661	11.8	549	13.5
American Indian/Alaska Native	2019	38	2.6	73.7	37	18.9	43.2	14	7.1	12	8.3
	2018	47	*	*	40	*	*	23	*	8	*
	2017	56	*	*	50	*	*	18	*	23	*
	2016	64	*	*	46	*	*	14	*	21	*

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data errors.

(3) Based on 2009 IOM report "Weight Gain During Pregnancy": underweight (BMI <18.5), normal weight (BMI 18.5 to 24.9), overweight (BMI 25.0 to 29.9), obese (BMI > 30.0).

(4) Based on 2009 IOM report "Weight Gain During Pregnancy": underweight during pregnancy (ideal weight gain = 28 to 40 pounds), normal weight prepregnancy (ideal weight gain = 25 to 35 pounds), overweight gain = 15 to 25 pounds), obese prepregnancy (ideal weight gain = 11 to 20 pounds).

(5) Based on 1990 MMWR, "Recommendations to prevent and control Iron Deficiency in the United States"; adjusted for altitude and smoking.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

# WIC PNSS & PedNSS

Run Date: 2/7/2020

## Table 20C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Summary of Trends in Maternal Health Indicators by Race/Ethnicity

Summary of Trends in Maternal Health Indicators by Race/Ethnicity <sup>(2)</sup>											
Race/Ethnicity	Year	Pregpregnancy BMI			Weight Gain			Anemia (Low Hb/Hct) (5)			
		(3)			(4)						
		Under-weight	Over-weight		< Ideal	> Ideal		3rd Trimester		Postpartum	
		Number	%	%	Number	%	%	Number	%	Number	%
Asian/Pacific Islander	2019	375	6.9	33.3	367	32.2	27.2	94	11.7	47	8.5
	2018	348	5.7	34.8	337	31.2	30.3	72	*	44	*
	2017	376	7.7	34.6	367	31.1	25.6	79	*	63	*
	2016	557	8.3	35.9	386	38.6	25.6	101	12.9	96	*
	Multiple Races	2019	237	5.5	56.1	227	20.7	53.3	75	14.7	31
	2018	235	4.7	55.3	223	22.4	44.4	52	*	37	*
	2017	248	3.2	56.5	237	24.1	39.7	71	*	31	*
	2016	386	2.8	54.7	288	24.3	44.8	102	25.5	71	*

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data errors.

(3) Based on 2009 IOM report "Weight Gain During Pregnancy": underweight (BMI <18.5), normal weight (BMI 18.5 to 24.9), overweight (BMI 25.0 to 29.9), obese (BMI > 30.0).

(4) Based on 2009 IOM report "Weight Gain During Pregnancy": underweight during pregnancy (ideal weight gain = 28 to 40 pounds), normal weight prepregnancy (ideal weight gain = 25 to 35 pounds), overweight gain = 15 to 25 pounds), obese prepregnancy (ideal weight gain = 11 to 20 pounds).

(5) Based on 1990 MMWR, "Recommendations to prevent and control Iron Deficiency in the United States"; adjusted for altitude and smoking.

\* Percentages are not calculated if <100 records are available for analysis after exclusions



# WIC PNSS & PedNSS

Run Date: 2/7/2020

## Table 20C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Summary of Trends in Maternal Health Indicators by Race/Ethnicity

Summary of Trends in Maternal Health Indicators by Race/Ethnicity <sup>(2)</sup>											
Race/Ethnicity	Year	Pregpregnancy BMI			Weight Gain			Anemia (Low Hb/Hct) (5)			
		(3)			(4)						
		Under-weight	Over-weight		< Ideal	> Ideal		3rd Trimester		Postpartum	
		Number	%	%	Number	%	%	Number	%	Number	%
All Other/Unknown	2019	1	0.0	0.0	0	*	*	0	*	0	*
	2018	0	*	*	0	*	*	0	*	0	*
	2017	0	*	*	0	*	*	0	*	0	*
	2016	4	*	*	0	*	*	0	*	0	*
	Total All Race/Ethnic Groups										
	2019	8,677	3.8	61.0	8,349	23.1	45.1	2,701	15.5	1,557	14.7
	2018	8,920	3.5	61.2	8,513	22.5	45.7	2,423	14.4	1,603	14.4
	2017	9,374	3.8	59.1	8,929	23.0	44.9	2,515	14.2	1,790	14.6
	2016	14,790	3.9	60.2	10,703	22.7	46.3	3,604	17.2	2,974	16.3

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data errors.

(3) Based on 2009 IOM report "Weight Gain During Pregnancy": underweight (BMI <18.5), normal weight (BMI 18.5 to 24.9), overweight (BMI 25.0 to 29.9), obese (BMI > 30.0).

(4) Based on 2009 IOM report "Weight Gain During Pregnancy": underweight during pregnancy (ideal weight gain = 28 to 40 pounds), normal weight prepregnancy (ideal weight gain = 25 to 35 pounds), overweight gain = 15 to 25 pounds), obese prepregnancy (ideal weight gain = 11 to 20 pounds).

(5) Based on 1990 MMWR, "Recommendations to prevent and control Iron Deficiency in the United States"; adjusted for altitude and smoking.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

# WIC PNSS & PedNSS

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## Table 21C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Summary of Trends in Maternal Behavioral Indicators by Race/Ethnicity

Summary of Trends in Maternal Behavioral Indicators by Race/Ethnicity (2)						
Race/Ethnicity	Year	Medical Care			WIC Enrollment	
		1st Trimester		No Care	1st Trimester	
		Number	%	%	Number	%
<b>White, Not Hispanic</b>	2019	4,391	32.8	10.9	5,703	0.9
	2018	4,730	32.8	12.3	5,996	1.7
	2017	4,895	33.5	11.7	6,373	1.7
	2016	6,814	29.3	30.7	9,992	20.2
<b>Black, Not Hispanic</b>	2019	1,035	23.9	12.9	1,411	1.4
	2018	981	24.9	13.8	1,310	1.1
	2017	915	27.7	12.1	1,324	2.0
	2016	1,140	24.1	28.7	1,841	17.2

(1) Reporting period is January 1 through December 31

(2) Excludes data with errors.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

# WIC PNSS & PedNSS

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## Table 21C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Summary of Trends in Maternal Behavioral Indicators by Race/Ethnicity

Summary of Trends in Maternal Behavioral Indicators by Race/Ethnicity (2)						
Race/Ethnicity	Year	Medical Care			WIC Enrollment	
		1st Trimester		No Care	1st Trimester	
		Number	%	%	Number	%
<b>Hispanic</b>	2019	1,410	26.1	14.1	1,843	0.8
	2018	1,558	29.6	13.9	1,909	1.3
	2017	1,546	29.1	14.3	2,018	1.3
	2016	2,012	28.6	30.9	2,966	18.0
<b>American Indian/Alaska Native</b>	2019	35	28.6	5.7	47	0.0
	2018	38	*	*	57	*
	2017	37	*	*	61	*
	2016	47	*	*	75	*

(1) Reporting period is January 1 through December 31

(2) Excludes data with errors.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

# WIC PNSS & PedNSS

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## Table 21C

2019 Pregnancy Nutrition Surveillance (1)

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### Iowa

#### Summary of Trends in Maternal Behavioral Indicators by Race/Ethnicity

Summary of Trends in Maternal Behavioral Indicators by Race/Ethnicity (2)						
Race/Ethnicity	Year	Medical Care			WIC Enrollment	
		1st Trimester		No Care	1st Trimester	
		Number	%	%	Number	%
Asian/Pacific Islander	2019	309	27.2	17.2	404	0.2
	2018	295	27.1	17.3	362	0.8
	2017	320	34.1	14.7	420	1.0
	2016	375	26.7	33.6	582	18.6
Multiple Races	2019	199	30.7	11.6	263	0.8
	2018	204	33.8	15.2	267	1.9
	2017	194	30.4	14.9	273	1.8
	2016	277	26.0	27.8	414	16.7

(1) Reporting period is January 1 through December 31

(2) Excludes data with errors.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

# WIC PNSS & PedNSS

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## Table 21C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Summary of Trends in Maternal Behavioral Indicators by Race/Ethnicity

Summary of Trends in Maternal Behavioral Indicators by Race/Ethnicity (2)						
Race/Ethnicity	Year	Medical Care			WIC Enrollment	
		1st Trimester		No Care	1st Trimester	
		Number	%	%	Number	%
All Other/Unknown	2019	0	*	*	1	0.0
	2018	0	*	*	0	*
	2017	0	*	*	1	*
	2016	0	*	*	44	*
Total All Race/Ethnic Groups	2019	7,379	29.9	12.1	9,673	0.9
	2018	7,806	30.9	13.1	9,901	1.5
	2017	7,908	31.9	12.5	10,472	1.7
	2016	10,665	28.4	30.5	15,915	19.3

(1) Reporting period is January 1 through December 31

(2) Excludes data with errors.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

# WIC PNSS & PedNSS

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## Table 22C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Summary of Trends in Smoking Indicators by Race/Ethnicity

Summary of Trends in Smoking Indicators by Race/Ethnicity <sup>(2)</sup>											
Race/Ethnicity	Year	Smoking				Quit Smoking By First Prenatal Visit and Stayed Off Cigarettes <sup>(3)</sup>		Smoking in Household			
		3 Months Prior to Pregnancy		Last 3 Months of Pregnancy				Prenatal		Postpartum	
		Number	%	Number	%	Number	%	Number	%	Number	%
White, Not Hispanic	2019	4,581	36.5	4,653	21.1	1,596	25.1	4,674	8.2	4,733	2.3
	2018	4,863	36.6	4,683	22.7	1,671	23.5	4,941	9.2	4,742	2.8
	2017	5,014	38.8	5,207	23.1	1,889	25.2	5,043	10.6	5,211	3.2
	2016	8,319	41.2	7,038	25.6	2,631	29.1	8,211	11.3	6,867	4.1
Black, Not Hispanic	2019	1,038	17.3	1,008	9.7	177	32.2	1,078	5.7	1,066	1.1
	2018	925	18.7	906	9.6	158	33.5	963	6.3	962	2.0
	2017	901	19.2	861	10.0	169	38.5	929	5.8	897	0.9
	2016	1,397	23.6	1,080	11.7	228	43.0	1,365	7.0	1,054	2.3

(1) Reporting period is January 1 through December 31

(2) Excludes data with errors.

(3) Among women who smoked 3 months prior to pregnancy

\* Percentages are not calculated if <100 records are available for analysis after exclusions

# WIC PNSS & PedNSS

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## Table 22C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Summary of Trends in Smoking Indicators by Race/Ethnicity

Summary of Trends in Smoking Indicators by Race/Ethnicity (2)											
Race/Ethnicity	Year	Smoking				Quit Smoking By First Prenatal Visit and Stayed Off Cigarettes (3)		Smoking in Household			
		3 Months Prior to Pregnancy		Last 3 Months of Pregnancy				Prenatal		Postpartum	
		Number	%	Number	%	Number	%	Number	%	Number	%
Hispanic	2019	1,411	8.5	1,358	4.7	129	39.5	1,480	1.8	1,468	1.4
	2018	1,481	10.6	1,382	4.6	145	47.6	1,546	2.8	1,394	1.3
	2017	1,488	11.2	1,378	4.6	151	47.0	1,517	3.4	1,419	1.0
	2016	2,406	10.8	1,865	5.3	225	57.3	2,348	4.1	1,820	1.3
American Indian/Alaska Native	2019	35	34.3	36	11.1	10	50.0	35	5.7	39	0.0
	2018	40	*	29	*	11	*	40	*	32	*
	2017	37	*	39	*	12	*	37	*	42	*
	2016	51	*	49	*	14	*	52	*	50	*

(1) Reporting period is January 1 through December 31

(2) Excludes data with errors.

(3) Among women who smoked 3 months prior to pregnancy

\* Percentages are not calculated if <100 records are available for analysis after exclusions

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## Table 22C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Summary of Trends in Smoking Indicators by Race/Ethnicity

Summary of Trends in Smoking Indicators by Race/Ethnicity <sup>(2)</sup>											
Race/Ethnicity	Year	Smoking				Quit Smoking By First Prenatal Visit and Stayed Off Cigarettes <sup>(3)</sup>		Smoking in Household			
		3 Months Prior to Pregnancy		Last 3 Months of Pregnancy				Prenatal		Postpartum	
		Number	%	Number	%	Number	%	Number	%	Number	%
Asian/Pacific Islander	2019	297	3.4	279	2.2	12	41.7	318	2.5	306	0.7
	2018	273	4.4	252	1.2	11	*	291	0.7	264	0.8
	2017	260	6.5	276	2.5	17	*	269	4.5	292	2.1
	2016	454	3.1	313	3.2	20	*	436	2.8	319	3.1
Multiple Races	2019	197	29.9	204	19.1	63	23.8	202	16.3	217	3.7
	2018	202	26.2	188	14.9	47	*	209	7.2	208	0.5
	2017	177	34.5	180	22.8	60	*	182	8.8	190	2.1
	2016	323	37.5	242	21.1	80	*	302	8.6	238	2.5

(1) Reporting period is January 1 through December 31

(2) Excludes data with errors.

(3) Among women who smoked 3 months prior to pregnancy

\* Percentages are not calculated if <100 records are available for analysis after exclusions



# WIC PNSS & PedNSS

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## Table 22C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Summary of Trends in Smoking Indicators by Race/Ethnicity

Summary of Trends in Smoking Indicators by Race/Ethnicity <sup>(2)</sup>											
Race/Ethnicity	Year	Smoking				Quit Smoking By First Prenatal Visit and Stayed Off Cigarettes <sup>(3)</sup>		Smoking in Household			
		3 Months Prior to Pregnancy		Last 3 Months of Pregnancy				Prenatal		Postpartum	
		Number	%	Number	%	Number	%	Number	%	Number	%
All Other/Unknown	2019	1	100.0	0	*	0	*	1	100.0	0	*
	2018	0	*	0	*	0	*	0	*	0	*
	2017	0	*	0	*	0	*	0	*	0	*
	2016	0	*	0	*	0	*	0	*	0	*
	Total All Race/Ethnic Groups	2019	7,560	27.2	7,538	15.8	1,987	26.8	7,788	6.6	7,829
	2018	7,784	28.1	7,440	16.7	2,043	26.3	7,990	7.3	7,602	2.3
	2017	7,878	30.2	7,941	17.8	2,299	27.8	7,978	8.4	8,051	2.5
	2016	12,950	32.2	10,587	19.8	3,198	32.3	12,714	9.1	10,348	3.3

(1) Reporting period is January 1 through December 31

(2) Excludes data with errors.

(3) Among women who smoked 3 months prior to pregnancy

\* Percentages are not calculated if <100 records are available for analysis after exclusions

# WIC PNSS & PedNSS

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## Table 23C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Summary of Trends in Infant Health Indicators by Race/Ethnicity

Summary of Trends in Infant Health Indicators by Race/Ethnicity <sup>(2)</sup>										
Race/Ethnicity	Year	Birthweight			Preterm (5)		Full Term LBW (6)		Ever Breastfed	
		Low (3)		High (4)						
		Number	%	%	Number	%	Number	%	Number	%
White, Not Hispanic	2019	6,337	8.0	9.3	5,526	10.2	4,947	3.0	6,354	69.3
	2018	6,574	7.3	8.9	5,741	10.2	5,143	2.9	6,591	69.5
	2017	6,982	7.4	9.0	6,098	9.3	5,513	2.8	7,002	70.2
	2016	7,921	7.5	9.2	7,106	10.3	6,314	2.9	8,033	68.1
Black, Not Hispanic	2019	1,499	10.9	6.1	1,365	10.8	1,179	4.9	1,551	72.3
	2018	1,413	9.8	5.2	1,271	9.0	1,129	4.3	1,448	73.2
	2017	1,379	9.6	6.0	1,246	11.2	1,082	3.9	1,413	68.7
	2016	1,378	11.7	5.6	1,286	11.7	1,098	4.5	1,433	67.3

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data errors.

(3) <2500 g.

(4) >4000 g.

(5) <37 weeks gestation.

(6) 37 or more weeks gestation and <2500 g.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

# WIC PNSS & PedNSS

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## Table 23C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Summary of Trends in Infant Health Indicators by Race/Ethnicity

Summary of Trends in Infant Health Indicators by Race/Ethnicity <sup>(2)</sup>										
Race/Ethnicity	Year	Birthweight			Preterm (5)		Full Term LBW (6)		Ever Breastfed	
		Low (3)		High (4)						
		Number	%	%	Number	%	Number	%	Number	%
Hispanic	2019	1,997	7.1	8.1	1,809	9.9	1,611	3.1	2,023	77.9
	2018	2,013	7.1	7.7	1,857	10.8	1,646	2.2	2,029	79.0
	2017	2,105	6.2	9.1	1,951	9.3	1,756	2.6	2,123	79.6
	2016	2,263	6.5	8.2	2,135	9.2	1,917	2.5	2,306	77.5
American Indian/Alaska Native	2019	52	7.7	1.9	46	13.0	40	5.0	52	73.1
	2018	51	*	*	47	*	40	*	51	*
	2017	64	*	*	57	*	47	*	65	*
	2016	55	*	*	55	*	45	*	56	*

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data errors.

(3) <2500 g.

(4) >4000 g.

(5) <37 weeks gestation.

(6) 37 or more weeks gestation and <2500 g.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

# WIC PNSS & PedNSS

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## Table 23C

### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Summary of Trends in Infant Health Indicators by Race/Ethnicity

Summary of Trends in Infant Health Indicators by Race/Ethnicity <sup>(2)</sup>										
Race/Ethnicity	Year	Birthweight			Preterm (5)		Full Term LBW (6)		Ever Breastfed	
		Low (3)		High (4)						
		Number	%	%	Number	%	Number	%	Number	%
Asian/Pacific Islander	2019	431	8.4	5.3	401	9.7	352	4.5	445	76.4
	2018	394	6.1	4.6	355	8.7	315	2.2	405	76.5
	2017	449	9.1	6.9	415	10.1	369	3.8	455	77.8
	2016	416	4.3	5.5	389	7.7	352	1.1	427	70.5
Multiple Races	2019	273	11.7	5.9	253	9.1	230	5.7	274	70.1
	2018	275	8.0	6.5	253	10.3	225	4.0	276	67.4
	2017	299	11.4	6.0	259	12.0	228	2.6	300	70.0
	2016	319	5.0	3.1	301	7.3	275	2.2	327	68.5

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data errors.

(3) <2500 g.

(4) >4000 g.

(5) <37 weeks gestation.

(6) 37 or more weeks gestation and <2500 g.

\* Percentages are not calculated if <100 records are available for analysis after exclusions

# WIC PNSS & PedNSS

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### 2019 Pregnancy Nutrition Surveillance (1)

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#### Iowa

#### Summary of Trends in Infant Health Indicators by Race/Ethnicity

Summary of Trends in Infant Health Indicators by Race/Ethnicity <sup>(2)</sup>										
Race/Ethnicity	Year	Birthweight			Preterm (5)		Full Term LBW (6)		Ever Breastfed	
		Low (3)		High (4)						
		Number	%	%	Number	%	Number	%	Number	%
All Other/Unknown	2019	0	*	*	0	*	0	*	0	*
	2018	0	*	*	0	*	0	*	0	*
	2017	0	*	*	1	*	0	*	1	*
	2016	1	*	*	0	*	0	*	2	*
Total All Race/Ethnic Groups	2019	10,590	8.3	8.4	9,401	10.2	8,360	3.4	10,700	71.7
	2018	10,720	7.6	8.0	9,524	10.2	8,498	2.9	10,800	72.0
	2017	11,278	7.6	8.5	10,027	9.6	8,995	2.9	11,359	72.1
	2016	12,353	7.7	8.4	11,272	10.1	10,001	2.9	12,584	69.9

(1) Reporting period is January 1 through December 31

(2) Excludes records with unknown data errors.

(3) <2500 g.

(4) >4000 g.

(5) <37 weeks gestation.

(6) 37 or more weeks gestation and <2500 g.

\* Percentages are not calculated if <100 records are available for analysis after exclusions